



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Stomach Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	Asparagus	Chia Seeds	Aloe Vera	Peppermint	Vitamin A	Selenium	L-Glutamine	Anthocyanidins
Apricots	Beets	Coconut Oil	Calendula	Plantain	Vitamin B	Magnesium		Carotenoids
Avocado	Cabbage	Whole Grains	Caraway	Rosemary	Vitamin C	Zinc		Glucosinolates
Banana	Celery		Chamomile	Thyme	Vitamin E			Quercetin
Berries	Chicory		Cumin	Turmeric	Vitamin U			• MISC
Citrus Fruits	Dark Green Vegetables		Dandelion					Kombucha
Guava	Green Beans		Digestive Blend					Probiotics
Kiwi	Kale		Fennel					Sauerkraut
Mangos	Onion		Fenugreek					
Papaya	Rhubarb		Ginger					
	Spinach		Huckleberry					
	Sweet Potato		Lavender					
	Tomatoes		Licorice					
			Marshmallow					
			Root					
			Meadow Sweet					

**Mangosteen
Garcinia is nature's
richest source for
these phytonutrients!*